

## **AMSC BEGINS NONRESIDENT PROGRAM**



***Ms. Carol Ashby Smith takes a question from a nonresident student.***

AMSC expanded its program offerings in Jan 95 when it began its first nonresident program class of 90 students.

As you may remember, the College conducted a pilot program in 1992-1993 to test the viability of the Nonresident Program. In Jan 94, Mr. Joseph Galbraith, the Assistant Deputy Chief of Staff for Personnel (Army Civilian), and Mr. Tom Edwards, Deputy to the Commander, Combined Arms Support Command (CASCOP), determined that eligible Army personnel who are genuinely unable to attend the 14-week resident program should be offered the opportunity to benefit from the intent and spirit of AMSC through a nonresident version of the program.

As a result, the 1995 nonresident class began with a one-week resident session on 23 Jan 95, in Alexandria, VA. The program includes home study lessons, including practical exercises, research papers, elective requirements, two **videoteleconferences**, and a final (Capstone exercise in residence) the week of 10-15 Dec 95. Students in the class will graduate with the resident class 95-3 on 15 Dec 95.

This program is very different from the 1992-1993 Pilot Program. An enhanced AMSC curriculum adapted for distance learners that closely follows the 14-week program, updated uses of technology, and seminar mix are only a few of the changes.

Students were competitively selected at the same time as the resident students for Class 95-1, and represent a similar diversity in terms of grade, career programs, education level, and gender mix. The 1995 nonresident class is composed of 74 civilians and 8 military personnel, and represents 16 major commands and 14 career programs. There are 6 seminars, each one a cross-

section of major commands, job series, gender, race/ethnicity, and grades.

Students arrived on Sun, 22 Jan, and were unprocessed. A class leadership meeting followed consisting of seminar presidents, COL Hugh D. Clark, Dr. Ursula Lohmann, and seminar faculty leaders. The entire class came together that evening for a class social, where they were able to meet each other, AMSC alumni, and AMSC staff and faculty.

The program kicked off with an opening ceremony on Mon, with LTG (Ret.) Richard G. Trefrey addressing the new class. He challenged the group, as they are the number one class, to always be "Number One." He also opened on Tues, with his (now famous to all AMSC grads!) lecture on "How the Army Runs."

Other guest speakers included Mrs. Carol Ashby Smith, Deputy Assistant Secretary of the Army (Civilian Personnel Policy)/ Director of Civilian **Personnel**; Mr. Thomas J. Edwards, Deputy to the Commander, CASCOP, Fort Lee, VA, and Mr. Wallace Keane, Vice President of the National Performance Review.

Additional AMSC faculty augmented nonresident program seminar leaders, so that students would have access to two seminar faculty members throughout the week.

The AMSC Operation Center was open from 0630 until 2000 hours each day to ensure students had what they needed.

Students acquainted with the intensity of AMSC'S 14-week program will be glad to know this class is no exception. Students began seminar at 0730 each morning and ended at 2000 hours each night. Two evening sessions were devoted to study skills and refamiliarization with the role of "students."



***Nonresident students during one of many seminar classes.***

Students participated in lectures and seminars on team building, decision making, critical thinking, stress management, health and fitness, Myers-Briggs Type Indicator, and leadership. Health risk assessments were given, and an on-line "classroom" using advanced technology, America On-Line's Military City On-Line, is being tested with the students. This previously has been used with success by the Air Command and Staff College (ACSC). The ACSC experience was with a small, selected group; therefore, AMSC's large group and dispersion of students throughout the world will make this an interesting challenge.

Although the team interaction of AMSC's resident program cannot be duplicated because these students won't be together every day, the seminars will create this teamwork to every extent possible through other available means. The home study work follows a rigorous schedule, as every attempt has been made to ensure the graduate of the nonresident program is as comfortable with "how the Army runs" as the resident student !

Students entering programs such as this must be very disciplined and dedicated. "This was not designed, nor was it ever intended to be, a correspondence program," said Dr. **Lohmann**, at the closing session. She continued, "This was designed to be a true distance education program. An advantage you will have is that you will be able to immediately apply what you have learned to your environment, No doubt your class will teach us much we can apply in all AMSC programs."

### ***HOW CAN YOU RESIST RESISTANCE TRAINING?***

#### **The Benefits of Strength Training**

Strength training is on the rebound. It has moved out of the basement gym with the football players and bodybuilders into the fitness center. Now, strength training is a perfect complement to an aerobic program, or a great way to get started in an exercise program. The primary effect of resistance exercises is the increase in the strength and endurance of muscles, tendons, and ligaments. What are the benefits? To begin with, increasing your muscle mass will help you fight fat. Muscle tissue burns calories, and the more muscle you have, the more calories you will burn, at rest and during

exercise. The more calories you burn, the fewer your body will store as fat. You begin to lose a substantial amount of muscle tissue beginning in your twenties. This, coupled with a typically more sedentary lifestyle, causes a significant reduction in your metabolism. It is important to do something to reverse this trend. Stronger muscles will also improve your performance and protect your body from some of the injuries of everyday life, or from your sports or exercise activities. Since the benefits of strength training also **apply** to the tendons and ligaments, they are also better able to protect your joints from injury due to high impact or twisting movements.

#### **Major Muscle Groups**

Which muscles, tendons, and ligaments should you be concentrating on for an optimal weight workout? According to the **YMCA's Building Strength at the YMCA**, the following major muscle groups are in the top ten list for maximizing the benefits of strength training: quadriceps (front of the thigh), hamstrings (back of the thigh, erector **spinae** (center back), abdominal, pectorals major (chest), **latissimus** dorsi (over the shoulder blades), deltoids (tops of the shoulders), biceps, triceps, neck flexors (front of the neck), and neck extensors (back of the neck).

#### **Machines or Free Weights?**

**The** benefits to using weight training machines are that you don't have to control the path of the weights. It's a lot safer for new and moderately experienced weight trainers. Lifting free weights can give you more control over training specific muscle groups. Many gyms don't have free weights because of the risk of injury due to a wild weight or loss of control. You should always have a spotter when using free weights. The primary disadvantage to machines is they may not be adjustable to fit your proportions, and you may have to do a lift slightly incorrectly. Generally speaking, though, machine weights are more practical and effective than free weights.

#### **Frequency of Strength Training**

You can gain all the benefits of a strength training program by working out two to three days each week. If you work out more than this, you are increasing your chances of injury. The muscles must have time for recovery.